



## The Brook+ Diabetes Prevention Program

Independent Health is teaming up with Brook+ to provide you with a new, proven way to help you lose weight, boost your energy, and reduce your risk for type 2 diabetes.

Introducing the Brook+ Diabetes Prevention Program.

Brook+ is a fully digital program certified by the CDC and recommended by Independent Health. You work the program on your time with your personal Health Coach there with you every step of the way.

### The Brook+ Experience

**Getting Started:** Meet your Health Coach and receive your digital scale.

**Weeks 1 - 16:** Watch your weekly video, meet with your Health Coach to set goals, and track your progress. After 4 weeks of participation, you'll receive your fitness tracker voucher.

**Weeks 17 - 52:** Build on skills covered in weeks 1 - 16 with your Health Coach to maintain progress and build lasting habits.

#### Curriculum Blocks:

Eat the Foods You Love • Overcoming Challenges • Being Physically Active • Staying Motivated  
• Keys for Stress & Sleep

Learn more and see if you're eligible:

[brook.health/plus-dpp-ih/](https://brook.health/plus-dpp-ih/)

